

## LESSON 6

### OVERCOMING SIN IN YOUR LIFE

#### **Required Bible Reading:**

Romans chapters 1-10

Colossians 3

Galatians 5

John chapters 14, 15, 26

All scriptures in the practical application

I remember when I first got saved and was doing my best to live as the Bible said I could because I was born-again. I was having a struggle because my heart told me what was right and wrong but I found myself doing more wrong than right! To make the problem worse, there was a minister coming into the prison teaching us that you never live free from sin. He taught that you are born a sinner and would always be one. He twisted scriptures to fit his point of view. I began thinking about what this preacher was telling me and came up with this conclusion: If I will always be a sinner and I am powerless to stop myself from sinning then why even try. I thought I won't go through the struggle if I can't achieve my goal. Needless to say, neither this teaching nor my thinking were scriptural and caused me to backslide!

Many Bible teachers that have this belief use Romans chapter 7 to prove their point of view. What Paul was pointing out there was an inherited sin nature in his fleshly body that he was working to overcome. Adam disobeyed God in the Garden of Eden and he took on the sin nature of Satan. Adam transferred that sin nature to everyone that was ever to live on planet earth. This was what Paul was speaking of in this chapter. No matter how hard you try to overcome sin on your own you will always fail. This is what Paul was saying. The only way to overcome the habit of sin is through the power of the Holy Spirit! In **Romans 7:24-25 & 8:1-14**, Paul gave us the key to overcome sin. It is through accepting Jesus Christ as your Lord and Savior and He will give you the Holy Spirit who will lead you out of sin. Sin cannot control your life if you walk in the Spirit.

The reason the Holy Spirit comes into your life when you are BORN-AGAIN is to give you the ability to overcome sin and live a "Christ-like life!" The word Christian simply defined means "Christ like". Jesus said by their fruits you shall know them. You can tell how much of the Holy Spirit a Christian has by looking at how much sin they overcome. There is no sinful habit that can control your life if you yield yourself totally to the Holy Spirit within you!

I would like to balance out this teaching with the thought that you may not overcome all your sinful habits all at once, then again you may. It is up to you how much you apply the principles of God's Word to your life. You should never give up because you slip and make a mistake! Repent of it and start over again. You should establish a daily systematic study of the Word of God and spend time in prayer. By doing this, you will strengthen your inner being through the power of the Holy Spirit.

In **John chapter 14**, Jesus said He would send a comforter to help us when He went away. That comforter is the Holy Spirit. A simple definition of the word comforter is, “one called along side to help you.” You must realize that the Holy Spirit comes into your life to help you! If you are not doing anything, he can not help you do it. He is not going to do it for you. He is going to help you do it! It all starts and stops with you! You have the power of God available to help you live a successful Christian life!

I have listed a daily application program to get you started below.

### **PRACTICAL APPLICATION**

#### **Read, study and meditate on God’s word daily.**

Notice I said not only to read, **but also to study and meditate** on the Bible. Don’t read the Bible like a story book but rather as an instruction manual. Meditate on it until you understand what it is saying. It would be better for you to read and understand one scripture than to read the whole Bible and not understand one word of it! The Bible tells you how to please God. It tells you what to do with your mind, eyes, ears, mouth, hands, feet and your entire body and life. Find these scriptures and write them down. Then begin to prayerfully meditate on them until you are doing what they say. Here are some examples to get you started:

<b>What to do with your mind:</b>	<b>Romans 12:1-3</b> <b>2 Corinthians 10:3-5</b> <b>Philippians 2:1-16</b>
<b>What to do with your eyes:</b>	<b>Proverbs 4:20-27</b>
<b>What to do with your ears:</b>	<b>Romans 10:17</b> <b>Luke 6:47-49</b> <b>Luke 8: 18</b>
<b>What to do with your mouth:</b>	<b>Romans 10:8-10</b> <b>Ephesians 4:29-32</b> <b>Matthew 21:21</b> <b>Mark 11:23</b>
<b>What to do with your hands:</b>	<b>1 Timothy 2:8</b> <b>James 4:8</b> <b>Ephesians 4:28</b>
<b>What to do with your feet:</b>	<b>1 Corinthians 9:24-27</b> <b>Romans 16:20</b> <b>Ephesians 6:15</b>
<b>What to do with your life:</b>	<b>Galatians 2:20</b> <b>James 4:14-17</b> <b>Colossians 3:4-17</b>

Print Name Here: \_\_\_\_\_ Date: \_\_\_\_\_

**TEST 6**

**OVERCOMING SIN IN YOUR LIFE**

1. One definition of the word Comforter is \_\_\_\_\_

2. What did Paul say in Romans 7 & 8 that told us how to live free from sin?  
\_\_\_\_\_  
\_\_\_\_\_

3. What should you do to your mind? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

True or False:

4. I am able to overcome sinful habits through the power of the Holy Spirit? T\_\_\_\_ F\_\_\_\_

5. According to Paul in Romans 7, he was saying that you would never be able to overcome sin. T\_\_\_\_ F\_\_\_\_